

Welcome to our SUMMER session! We are happy to bring you in-person, online, and hybrid classes. Register for a multi-week class to attend either online or in-person. (*note: not all classes have an in-person option.*) When registering on our website, please make sure you chose the correct option when adding a class to your cart. You might try our **Online Asana Pass**, giving you unlimited access to ALL VIRTUAL CLASSES listed on this page. Register online at hibuffalo.org, call **(716) 883-2223**, or stop in. The bookstore is open: Mon-Thurs 9-5 / Fri 9-12 / Sat by appointment. We can make arrangements if you need to come by after hours.

MONDAY	Instructor	Time	Dates	Cost
 Gentle Yoga	Sherri/Spina	3-4pm	July 11 - Aug 22 (7wks)	\$70
  Hatha 3	Kerry+	5-6:30pm	July 11 - Aug 22 (7wks)	\$70
 Hatha 1+2	Erika	5:30-6:30pm	July 11 - Aug 15 (6wks)	\$60
 Group Meditation	Staff	7-8 pm	July 11 - Aug 22 (7wks)	D/B
TUESDAY				
 Hatha 2	Wendy	9:30-11am	July 12 - Aug 30* (7wks)	\$70
  Awakening Prana	Julia	10-11:15am	July 12 - Aug 23 (7wks)	\$70
  Stretch & Relax	Jackie	4-5pm	July 12 - Aug 23 (7wks)	\$70
  All-Level Yoga	Sarah	5:30-6:45pm	July 12 - Aug 23 (7wks)	\$70
WEDNESDAY				
 Hatha 3	Wendy	9:30-11am	July 13 - Aug 31* (7wks)	\$70
  Hatha 1	Tosca	10:30-11:30am	July 13 - Aug 24 (7wks)	\$70
 Back Strength (Therapeutic)	Stephanie	11am-12pm	July 13 - Aug 24* (6wks)	\$60
  Hatha 2	Jackie	5-6:15pm	July 13 - Aug 24 (7wks)	\$70
THURSDAY				
  Gentle	Staff/Colleen	10-11am	July 14 - Aug 25 (7wks)	\$70
 Lunchtime Yoga (All-Level)	Jackie	12-12:45pm	July 14 - Aug 18 (6wks)	\$50
  Adaptive Yoga	Julia	3:30-4:30pm	July 14 - Aug 25 (7wks)	\$70
 Hatha 1	Erin	5:30-6:30pm	July 14 - Aug 25 (7wks)	\$70
FRIDAY				
  Wise Warriors	Cathy	9:30-10:30am	July 15 - Aug 26 (7wks)	\$70
 Gentle	Tracy	10-11:15am	July 15 - Aug 26 (7wks)	\$70
  Hatha 2	Cathy	11am-12pm	July 15 - Aug 26 (7wks)	\$70
 Yoga for Parkinson's	Larry	5:30-7pm	July 15 - Aug 26 (7wks)	\$70
SATURDAY				
 All-Level Drop-in	Staff	9:30-10:30am	July 16 - Aug 27*	D/B

CLASSES

ONLINE and IN-PERSON symbols indicate how a class is available. When you see both, it's a hybrid.

EVERYONE will continue to receive our reduced (-20%) "pandemic pricing" on multi-week asana classes (EX: 8wk class = \$80 instead of \$96) thru August 2022.

UPDATED IN-PERSON ATTENDANCE POLICY

Masks are recommended but not required at this time. Our classrooms are equipped with HEPA air purifiers and are at half capacity to ensure ample space for everyone. If you are not feeling well, please do not come to class - call or email us, and we will be happy to issue class credit. Thank you for your understanding and cooperation.

ONLINE ASANA PASS ‡

Enjoy unlimited access to all VIRTUAL classes listed on this page.

- OAP BONUS: Finding Wholeness: A Multi-Faceted View of Healing and Yoga with Julia
- Take 10% off in the bookstore

OAP SUMMER SIZZLER:

Take \$20 OFF your OAPass with code **SAVE20** at checkout
\$149 ~~\$129~~

‡ SAVE20 code may only be applied to the Online Asana Pass.

*NO CLASS:

Saturday Drop-In: July 2 & 9
Monday Meditation: July 4
Hatha 2/Wendy: Tues, Aug. 2
Hatha 3/Wendy: Wed, Aug 3
Back Strength: Wed, Aug 3

PLEASE NOTE: The office and bookstore will be **CLOSED Wednesday, June 29–Sunday, July 10.** Our summer session begins Sat, July 9 at Silo City. Regular classes begin Mon, July 11. (See page 3)

Receive the latest updates - Join our email list; hibuffalo.org and friend us on Facebook; [facebook.com/hibuffaloyoga](https://www.facebook.com/hibuffaloyoga)

Yoga in “The Meadow” at SILO CITY (Two Saturdays!)

with Julia and HIB

Saturday, July 9, 10am-12pm

Saturday, July 16, 10am-12pm

 HIB's Summer
kick-off event!

There's a magical place in Buffalo that reminds us of nature's resilience, human ingenuity, and just how inspiring our surroundings can be. This year, we'll be there two weeks in a row! It is a short walk from the parking area to the Meadow, where we will enjoy an all-level yoga practice beneath the mighty poplar, followed by a walking meditation. Each week will include a discussion on ecology and mindful living, honoring our essential being and relationship with the natural world. Please bring your yoga mat, towel, and/or travel chair (if you would like access to seating). Registration required. If we need to reschedule due to inclement weather, a notification will be sent via email and posted on our Facebook page.

Meeting place: Rigidized Metals - Design Center parking lot.

Address: 658 Ohio St, Buffalo, NY 14203

- **July 9:** Fee: \$20 (ID: S40)
- **July 16:** Fee: \$20 (ID: S41)
- **BOTH Saturdays (July 9 & 16):** Fee: \$35 (ID: S42)

Therapeutic Yoga: Strengthen Your Back[^]

with Stephanie

Wednesdays, July 13–August 24* (6wks / *no class Aug. 3)

 (LIVE-stream/Zoom)

The health of your spine is reflected in the way you sit, stand, and move; in the way you breathe; and, in the way you think and feel. Learn simple movements and exercises to keep your spine fit and flexible. Strengthening spinal muscles will improve your posture and help you feel capable of meeting life's inner and outer challenges.

Fee: \$60 (ID: YB) ([^]Included with the Online Asana Pass)

SAVE THE DATE

HI Buffalo's POCONO GETAWAY WEEKEND Honesdale, PA October 21–23, 2022

Join your friends from HI Buffalo for a very special weekend at the Institute's main campus and retreat center in Honesdale, PA. De-stress and rejuvenate in this picturesque setting located in the heart of the Pocono Mountains in Pennsylvania. Nourishing vegetarian meals and a community supportive of your health and wellness are waiting for you during this three-day/two-night getaway. Fee: \$179 + accommodations

Mindfulness in Nature: Hike to the Eternal Flame: Chestnut Ridge Park

with Kandy

Sunday, July 17; 9:30-11:30am

This morning's hike will take us along the gorge to the “eternal flame” that flickers within a small cave beneath a trickling waterfall. This is a more difficult hike, so please wear sturdy shoes (no flip-flops!), pack water and bring trekking poles or walking stick if you have them. Some slight elevations and erupting tree roots. It's a short hike to the flame (approx. one-mile round trip), but we can add additional hiking time by going on part of the orange trail.

Registration required. If we need to reschedule due to inclement weather, a notification will be sent via email and posted on our Facebook page.

Meeting place: Casino parking lot; we will then drive to the trailhead. Address: 6121 Chestnut Ridge Road, OP, NY 14127

FREE (ID S44) - donations gratefully accepted

Journaling for the Heart

Thursdays, July 21–August 25 (6wks); 11am-12pm

with Tosca

  HYBRID

Journaling is a fun and creative way to explore issues in our lives, and at the same time open the door to personal insight. This six-week workshop will provide you with the space and time to reflect, write, and share. The workshop will include various writing exercises to help you better access and improve your writing experience. We will also explore what it means to open ourselves to telling our stories with authenticity. No special writing skills are required, just bring a journal and pen and get ready to write! This series is available in-person or on-line, though in-person attendance is recommended.

Fee: \$65 (ID: S45-P / S45-V)

[^] INCLUDED in Online Asana Pass (All-Access Asana)

 =ONLINE (Zoom)  =IN-PERSON ...When you see both, it's a hybrid!

CEU TRAINING*

Being a Trauma-Informed Yoga Teacher

with Julia Kress, C-IAYT, E-RYT 500, AYS

Sunday, July 24; 10am-1pm

  HYBRID

Open to Yoga Instructors and Students

The current state of our world is causing unprecedented anxiety, fear, and aggression in our community. We are all experiencing heightened levels of stress as a result of individual and cultural trauma. Many people seek relief from their pain through yoga and meditation. Our training as yoga teachers may not have prepared us for what our students are facing both in the world and in the difficult events of their personal lives. This workshop will open our eyes to some ways to make our students feel safe and to avoid unintentionally triggering anxiety by using a mindful approach to sensitive cueing and instruction. Trauma-informed yoga teaching can empower you to assist others on their journey of self-resonance, transformation, and healing.

This training is not meant to prepare teachers for working with trauma in a clinical setting, but to help us be more aware of the manner in which we present our classes. *This course qualifies for three Continuing Education credits with Yoga Alliance.
Fee: \$55 (ID: E77-P / E77-V)

HOLIDAY CLOSURES:

The office and bookstore will closed around the 4th of July holiday and then again before Labor Day. (See dates below.) We check messages often, so please call or email with any questions. Wishing you a terrific summer.

CLOSED: Wed, June 29 – Sun, July 10.

JULY/AUG SESSION begins Sat. July 9 with a special event at Silo City. Regular classes start Mon, July 11

- No Drop-in: Sat, July 2
- No Drop-In: Sat, July 9 (Special Event at Silo City)
- No Monday Meditation: July 4

CLOSED: Mon, Aug 29 – Mon, Sept 5 (Labor Day)

SEPT/OCT SESSION begins Tues, Sept 6.

- No Sat. Drop-In: Sept 3
- No Monday Meditation: Aug 29 & Sept 5

MINI RETREAT!

Outdoor Mindfulness: Taking Your Practice Outdoors

Rumsey Woods at Delaware Park, Buffalo

with Donna & Susan

Friday, July 29; 10am–2pm

Yoga calms the nervous system and cultivates a peaceful mind. *Shinrin-yoku*, or forest bathing, a Japanese outdoor mindfulness experience, helps individuals access the healing properties of nature. This session combines both practices for a powerful and rich immersive experience. Join Donna, a Himalayan Institute Yoga/Meditation instructor, and Susan, a Kripalu Center for Yoga and Health certified outdoor mindfulness guide, at one of Buffalo's Olmsted treasures, Rumsey Woods in Delaware Park. The morning begins surrounded by trees with a guided yoga, relaxation, and meditation practice. After lunch, we will venture into the landscape meandering along the paths. There you will be invited to extend your meditative experience by using your senses, curiosity, and inherent connection to nature to be fully present to the more than human world. Through meditation and time in nature, we can work to restore a balance between our sympathetic and parasympathetic nervous systems, reduce stress, boost immune function and energy, and experience a profound sense of belonging and well-being. (This session will not be strenuous; all skill levels and abilities can be accommodated).

Registration required. If we need to reschedule due to inclement weather, a notification will be sent via email and posted on our Facebook page.

Meeting place: Rumsey Road - Stone bathroom building (off Delaware Ave, near the corners of Rumsey Rd & Forest Ave). Bring a yoga mat, lunch, water, and a chair or blanket to sit on for lunch.

Fee: \$45 (ID: S46)

CEU TRAINING*

Strength of Heart: Sequencing for the Chest, Shoulders, and Neck

with Sarah Guglielmi, MS, E-RYT-500, AYT

Saturday, August 6; 10am–1pm

 IN-PERSON

Open to Yoga Instructors and Interested Students

Yoga practice is a continual exploration of the mind/body connection. The physical ease and emotional strength of our heart can be supported by our asana practice. Specifically, asana elements that develop strength and stability in the chest, shoulders, and neck regions of the body. Join Sarah to explore common muscle imbalances of the upper body, and how they can be better addressed by first understanding the relationship between agonist/antagonist muscle pairs in this area. Then, we'll apply this knowledge to create sub-sequences you can use as stand-alone therapeutic practices, or to integrate into a traditional practice.

*This course qualifies for three Continuing Education credits with Yoga Alliance.

Fee: \$55 (E78-P)

 INCLUDED in Online Asana Pass (All-Access Asana)

 =ONLINE (Zoom)  =IN-PERSON ...When you see both, it's a hybrid!

HIMALAYAN INSTITUTE OF BUFFALO
841 Delaware Ave., Buffalo NY 14209

p: (716) 883-2223 / e: info@hibuffalo.org / w: hibuffalo.org

Finding Wholeness: A Multi-Faceted View of Healing and Yoga[^]

Wednesday, August 10; 6:30-8:30pm

with Julia

  HYBRID

A healing schematic has been laid down throughout the ages drawing from Buddhism, Ayurveda, Yoga Philosophy, and present-day psychology. Methods and techniques for finding relief from suffering and establishing a different relationship with our current reality have been proposed by all of these traditions. We will explore how this process might assist us in clarifying and moderating our relationship with difficult emotions, thoughts, and sensations. This is part lecture/discussion and part practicum. Practice will consist of movement, breath awareness, relaxation, and meditation.

Fee: \$25 (ID: S47-P / S47-V)

([^]BONUS for Online Asana Pass holders)

Summer Havan and Full Moon Meditation

Thursday, August 11; 7-8:30pm

at the Home of the Ziarnowskis / Boston, NY

Friends and family of HIB, please join us for a summer celebration honoring our Community and the Himalayan Tradition. Enjoy a Vedic fire ceremony amongst the beautiful backdrop of the Boston hills. The fire ceremony, or havan, is an ancient meditative ritual that supports the environment and evokes peace among participants—tea and desserts to follow. Please bring a dessert to share. Pre-registration is required; directions provided via email and will be available in the front office.

No Charge (ID: S48)

"DROP-IN" CLASSES

Donation-Based | LIVE-STREAM via Zoom

SATURDAYS:

All-Level Yoga Class 9:30-10:30am

mtg no: 353-765-623 / pw: HIB

MONDAYS:

Group Meditation 7-8pm

mtg no: 139-024-694 / pw: HIB

FALL TRAININGS

Vishoka Meditation® Course (CEU*)

with Sarah and Julia

Wednesdays, Oct 10–Dec 14 (10-wks); 6:30–8:30pm

  HYBRID

Open to Yoga Instructors and Interested Students

Imagine a life free from pain and sorrow and infused with joy and tranquility. The ancient yogis called this state Vishoka, and they insisted that we all can reach it, even in the midst of a highly chaotic world.

How do we do it? We train our mind to stay focused on what we can control. We design our meditation practice, our yoga lifestyle, and our worldview to support our evolution towards Vishoka.

The Vishoka Meditation® Course is the official companion to Pandit Rajmani Tiganait's Vishoka Meditation book and is designed to help you comprehensively experience the wisdom and practices described therein.

In this intensive program, we'll go through Vishoka Meditation step-by-step, and break down all the preparatory practices as well as the complete practice of Vishoka Meditation. Learn each step systematically, while you build your practice at home in between sessions. The Vishoka Meditation system expands on the 5-Step meditation process you know from the Himalayan Tradition. It will help you take your practice to the next level, and is designed for students of all proficiencies, from those just beginning, to experienced meditators and yoga teachers.

Cost: \$349 (Payment Plan Offered)

EARLY BIRD: \$299 – Register by September 15, 2022

Attention Yoga Teachers: This course qualifies for 20-CEU credits with Yoga Alliance, and is a prerequisite for the Vishoka Meditation® Teacher Training Course offered through the Himalayan Institute headquarters in Honesdale, PA.

200-HOUR YOGA TEACHER TRAINING at HIBuffalo – Begins October 28, 2022

Are you feeling the call to teach or to deepen your practice? The Himalayan Institute of Buffalo is known for its dedication to teaching excellence - we've been doing it for over 45 years!.

Our 200-hour program includes instruction in asana (yoga postures), meditation, pranayama, relaxation techniques, therapeutic yoga, and yoga philosophy and psychology. Our teachings are passed down from the Living Tradition of the Himalayan Masters, and are rooted in the ancient yogic scriptures. Learn more at: hibuffalo.org/teacher-training

[^] INCLUDED in Online Asana Pass (All-Access Asana)

 =ONLINE (Zoom)  =IN-PERSON ...When you see both, it's a hybrid!

HIMALAYAN INSTITUTE OF BUFFALO
841 Delaware Ave., Buffalo NY 14209

p: (716) 883-2223 / e: info@hibuffalo.org / w: hibuffalo.org